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ALASKA PEOPLE

DECEMBER 1985

VOLUME 18

NUMBER 486

*Season's
Greetings*

Meet The Management Team

Every month ALASKA PEOPLE is featuring one member of the Alaska BLM Management Team. This month, an interview with ASO's Deputy Director for Operations, Jerry Zamber.

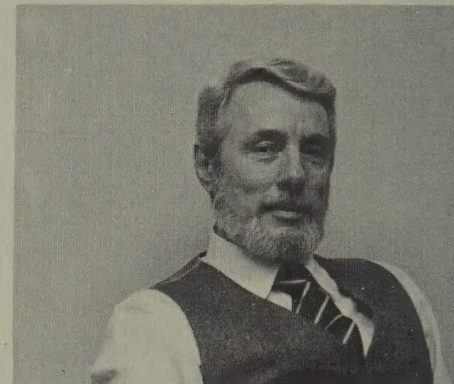
"Growing up on a combination farm, milk ranch, and resort in the lake and woods country of northern Wisconsin provided lots of opportunities to spend time outdoors," says ASO's Deputy Director for Operations, Jerry Zamber. "I grew up hunting, fishing, trapping, breaking horses, and helping run the operation which taught me hard work. When I was 12 years old I read 'Call of the Wild' and decided Alaska was where I was going to live someday!" says Jerry. "I still have that book today."

Jerry graduated from high school in 1950 and worked on farms and in a Minnesota creamery until the Korean War started. "I grew up in a time when patriotism was everyone's first priority; so in 1951, with the Korean War going on, I joined the Navy and served for four years as an aviation electronics technician. In 1955, I started a distributing business which I sold for a cafe that I ran for the next three years. With three kids, I started my college career in 1958 at Minneapolis/St Paul.

"Growing up in the woods inspired me to major in forestry and wildlife and gave me a strong desire to work in conservation," said Jerry. To support his family and help put himself through college, he started a very successful tree trimming/landscaping business. I really enjoyed the college years even though it meant lots of hours of study and work. Ron (the fourth child) was born during the college years and that rounded out the family.

Jerry's initiation into the BLM began as the Durango, Colo., district fire control officer. "While in Durango I worked in fire, forestry, recreation and wildlife. It was great there — lots of good hunting and fishing. In 1964 I was selected to participate in the Departmental Training Program in Washington, D.C. After the seven-month course was over, I returned to Durango."

Jerry's "Call of the Wild" dream came true when he was offered the job as ASO economist planner. The year was 1966. "As economist planner I initiated land use planning in Alaska, coordinated budgeting statewide, prepared special reports and wrote an evaluation on the proposed Alaska oil pipeline project, worked on the Alaska Hydrographic Region Designation,



Jerry Zamber
Deputy State Director
for Operations

helped set aside the Caribou Creek/Poker Creek Research area, and generally worked a lot with other agencies.

In 1969 Jerry became coordinator for the TransAlaska Pipeline Project (TAPS). He lead a team of TAPS technicians in the preparation of stipulations for TAPS and set up federal organization to monitor construction of the project.

In addition, he coordinated and finalized the Department of Interior's first draft environmental impact statement and worked for the Secretary on the final environmental report. He also conceptualized and helped write an Environmental Atlas critical to pipeline design. It proved valuable to industry in the proper design and construction of the major project.

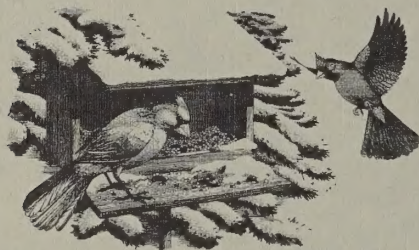
A greener pasture appeared in 1972 when Jerry jumped the fence to become associate district manager for the Anchorage District Office. "Working at the district was a welcome change from the crisis management on the oil line project and was rewarding from the standpoint of being able to work with some real time people on some very tough programs" says Jerry.

After eight years as ADM, he became gas pipeline manager for the Northwest gasline project. "This was a real job because of the layering of responsibilities and political maneuvering of the company. Coordinating the state and federal agencies at the coordination council was a real test of patience," says Jerry. Northwest's inability to gain construction funding changed the scene, and in 1981 Jerry was escalated into the position of deputy state director

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Season's Greetings

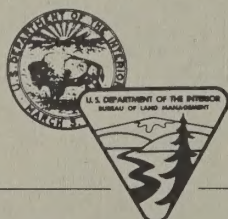
SEASON'S GREETINGS!
FROM ASO'S PUBLIC
AFFAIRS STAFF



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Grizzly Bear Studies On The Utukok Uplands

by Sharon Wilson
photographs by Jim Silva



Alaska state Fish and Game biologist Harry Reynolds attaches a numbered ear tag which will help identify the bear in years to come.

The steady drone of the supercub engine pierced the silence of the arctic terrain. Mile after mile of seemingly unpopulated tundra passed below as the biologist patiently waited. Suddenly he jerked forward at the sound of beeps received from the antenna on each wing. He glanced eagerly at the pilot who began to orient the plane until the signals from the two antennae were of the same intensity.

"Bingo," shouted the pilot, as both spotted the grizzly sow, "the chase is on!" Keeping an eye on the bear, he quickly radioed instructions to the pilot of the approaching helicopter.

Maneuvering the helicopter so the biologist on the second team could accurately shoot the drug-laden dart was tricky, but the experienced pilot had flown the tundra country and tracked bears for years. "Look out, we'll have to pull up," he yelled, as the sow headed for a nearby shallow river. The pilot moved his plane back in to herd the bear away from the water, knowing that if the tranquilizer took effect while she was running down the stream, she might collapse in the water and drown.

The helicopter moved in quickly; and Harry Reynolds, a research biologist with Alaska Department of Fish and Game, shot the dart with an experienced hand. As the helicopter team waited for the bear to go down, the supercub spun off to locate another bear.

"...with the new drug we use, the bear doesn't sleep as deeply. One day the bear we were working on raised its head while Harry was doing a test, opened her mouth and put it over his knee..."

The cooperative team of biologists from the Bureau of Land Management, Department of Fish and Game, and National Park Service was on a routine trip to the Utukok Uplands in the North Slope area of Alaska as part of the ongoing monitoring program to determine long-term productivity, survival and mortality rates, and movement patterns of three- and four-year-old offspring of marked bears.

Reynolds originated the project. During the summer months he works for weeks at a time at the isolated Driftwood Airstrip Camp on the Utukok River. John Hechtel, another

continued from page 3

biologist with Fish and Game, has spent three summers in the area studying the feeding habits of bears in the Utukok area for his master's thesis. Jim Silva, a wildlife biologist for the Bureau of Land Management, has been the primary BLM representative on the grizzly bear studies.

The monitoring operation requires one member to fly in the airplane to do the radio tracking. Two or three ride in the helicopter. Ten minutes after the bear is darted, she is down; and the team moves quickly and cautiously. "Three people can handle a drugged bear a lot easier than two," assures Silva, "and with the new drug we use, the bear doesn't sleep so deeply and moves around a lot more. In fact, one day the bear we were working on raised its head while Harry was doing a test, opened her mouth and put it over his knee, then just rolled back down. He wasn't hurt, but it sure made us more cautious."

Reynolds used a new drug, Sernylan, during the 1985 field season, which put the bear down within 10 minutes. Although it is safer for both bears and handlers than the drug used in the past, it has some drawbacks which demand cautious handling of the bear. It has no antidote, which sometimes makes it hard on the bears because they are down for three to four hours before fully reviving.

"Sernylan is a strong muscle relaxant which affects the heating and cooling systems of the body," Reynolds explained. "If it's a hot day and the bear becomes overheated during the chase, the handlers must take her to the nearest water on the skids of the helicopter to cool her body. If the day is too cool, they must cover the bear so her body heat will be retained until she wakes up." Keeping these concerns in mind, the team has exercised great care; and so far no bears have died during the BLM/ADF&G collaring program.

From all the data gathering and research, the team has learned that while grizzly sows in most parts of the world keep their young for only two years, in this area it is more usual for three- and four-year-olds to remain with their mothers.

It is also possible that an aggressive bear could stumble on the scent trail finding the drugged and vulnerable bear. The team uses the helicopter to move the drugged bear to another location, thereby breaking the scent trail established during the chase.



Reynolds checks the size of the bear's mammae to determine if she has borne young this year.

This past May one sow was spotted from the airplane with three cubs. Fearing that the cubs would not be able to survive without their mother for the extended length of time, the biologists bypassed the chance to dart the bear for collaring. Knowing her "home range," they checked on the sow later in the summer and discovered that none of the three cubs had survived.

Landing near the sleeping bear, the team quickly attaches an ear tag or replaces an old one. The inside lip is tattooed with an identifying number. If the biologists want to follow the bear, they replace the old collar with a new one. Two syringes of blood are drawn for later chemical analysis to detect possible disease. The small tooth behind the canine, useless to the bear, is pulled for later analysis to determine the age of the animal.

If the bear is a female, the mammae size and condition is checked to determine if she had young this year or last. If the young are no longer with her, the condition of the mammae and the regrowth of the hair around them will indicate the approximate time of the summer when she suckled them last, adding to the data on mortality. The final task is weighing the bear and taking measurements of the total girth and length of the body and the width and length of the skull.

The cooperative team has made trips to the field five times a year for the past three years to study the bear population and its development. Thirty grizzlies were collared during the field season for 1985 — 23 in June and seven in

September. Approximately 50 bears in the area are now collared.

Bears were re-collared as their collars failed or reached the three-year life expectancy so continuity could be maintained for monitoring individual animals. Reynolds has data collected on some bears for the past nine years. Tracking family travels, he has been trying to identify what types of habitat are favored within home ranges and where weaned cubs establish their home ranges in relation to their mothers'. He re-collars the cubs as they age and will eventually achieve an entire data base on family patterns.

Over the past two years in the Utukok area of the Brooks Range, there has been no survival of young grizzlies.

The young are collared as they are weaned and tracked to determine movement patterns and mortality rates. Fall-away collars are put on the younger two- and three-year-old bears. These are made of an elastic that is similar to fan belt rubber which disintegrates in the cold weather. The cold weather causes these collars to weaken; and as the bear grows and stress is applied, it falls away.

"We're hoping to get enough money in the budget to buy a satellite collar by next year," said Silva, "but for the time being we home in on the radio signals with a supercub."

Over the past two years in the Utukok area in the northern foothills of



After the tagging and examination are finished, the drugged bear is transported to a new location to break her scent trail.

the Brooks Range, there has been no survival of young grizzlies. This grizzly bear mortality rate, with its associated problems in the North Slope area, is of great concern to all land management agencies.

Studies of grizzly bear biology in the Utukok Uplands area in the southwestern portion of the National Petroleum Reserve in Alaska began in 1977. A 23-million-acre area covering the northern tip of Alaska, the NPR-A is under BLM management. The Petroleum Reserves Production Act of 1976 required that the grizzly bear studies be completed prior to oil and gas leasing.

The grizzly bear studies were originally funded by BLM and ADF&G to evaluate the distribution and abundance of grizzlies in the area. In addition, baseline biological data were collected on some aspects of population density, movement, habitat use and population dynamics.

Landing near the sleeping bear, the team quickly attaches an ear tag or replaces an old one, tattoos the inside lip, replaces the radio collar, draws two syringes of blood and pulls a small tooth for later age analysis.

From 1979 to 1982, the ADF&G continued to gather information on aspects of grizzly bear biology that can only be learned through long-term investigation. It wanted to answer questions that would have far-reaching implications for management, such as

1) What is the long-term population productivity and how does it vary from year to year? 2) What are survival rates of young bears in the first two years after weaning? 3) What are the causes of mortality? 4) Do young bears leave their mothers' home ranges after weaning?

To help answer these questions BLM rejoined the project in 1983, making it a cooperative venture. In 1985 the venture was further enlarged with the addition of funding and personnel from the National Park Service. Layne Adams, a wildlife biologist formerly with the BLM's Arctic Resource Area, now works for NPS. Since the movement patterns of some grizzlies from this study area include portions of Gates of the Arctic National Park and Noatak National Preserve, Adams has interested that agency in the program.

From all the data-gathering and research, the team has learned that while grizzly sows in most parts of the world keep their young for only two years, in this area it is more usual for three- and four-year-olds to remain with their mothers. This reproductive cycle of three to five years is possibly due to the limited food sources available to the very high concentration of bears in this area. The bears depend on caribou, especially at calving time; but there are limited amounts of fish to supplement the diet compared to other areas.

"The area that supplies a bear's needs and in which an individual bear lives is its 'home range,'" Reynolds explained. "Although grizzlies are solitary animals and generally 'antisocial,' they are not

territorial. They share their home ranges with other bears. But grizzlies will react aggressively toward other bears at a food source or during the breeding season."

Biologists have researched many other possibilities for the mortality rate; but studies have so far revealed no diseases within the populations and weather is a doubtful culprit. The most likely assailant is the natural self-predation of the bears.

"This is a good program," Silva said. "It is giving us a lot of good data, and it shows that the area is extremely important for bears. It has one of the highest, if not highest, concentrations of bears on the North Slope. The study shows denning areas, which is important information needed before developing stipulations for oil and gas seismic exploration permits that are requested in the area.

This is also a rare, un hunted population because there is no access into that area except by plane. We don't lose bears to the hunters often. I've only heard about one big male who went north and ransacked a cabin near Wainwright. The Native owner tracked the bear down and shot him. He notified ADF&G that he had the collar and they got it back."

Results from research will have application for both federal and state resource managers. For instance, it is not known whether bears from areas which include un hunted or highly productive populations such as the Utukok Uplands emigrate to adjacent areas where bear densities are lower. If this is the case and such areas act as reservoirs to surrounding populations, this knowledge would have great importance in land management decisions.

"It is very important to learn more about arctic grizzlies because they are especially vulnerable to encroachment by man and man's activities, such as oil exploration," Reynolds said in summation. "The Utukok Uplands area is unique in the arctic because of the direct relationship between the 250,000-strong Western Arctic Caribou Herd and the barren ground grizzly production. This relationship likely results in an exceptionally high grizzly population which supports and supplements adjacent grizzly populations in the northwestern region of Alaska.

What use is all this data? With the probability of a Utukok Special Area Study to be conducted within the next two years, these studies will provide a great deal of quality data that can be used at that time. "That area hasn't had any seismic activity for several years," Silva said, "but there is always the possibility in the future, and at least we'll have the data at that time."



Season's Greetings Alaska Managers

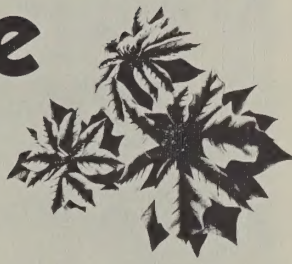


Back row, left to right: Bishop Buckle, DSD for Administration; District Manager Wayne Boden; Reed Smith, DSD for Finance; Don Runberg, FDO ADM standing in for FDO District Representative.

Front row, left to right: Jerry Zamber, DSD for Operations; State Director; Fred Wolf, Associate State Director; Regional Opportunity Officer.

Not Pictured: Jules Tileston, DSD for Lands and Renewable Resources.

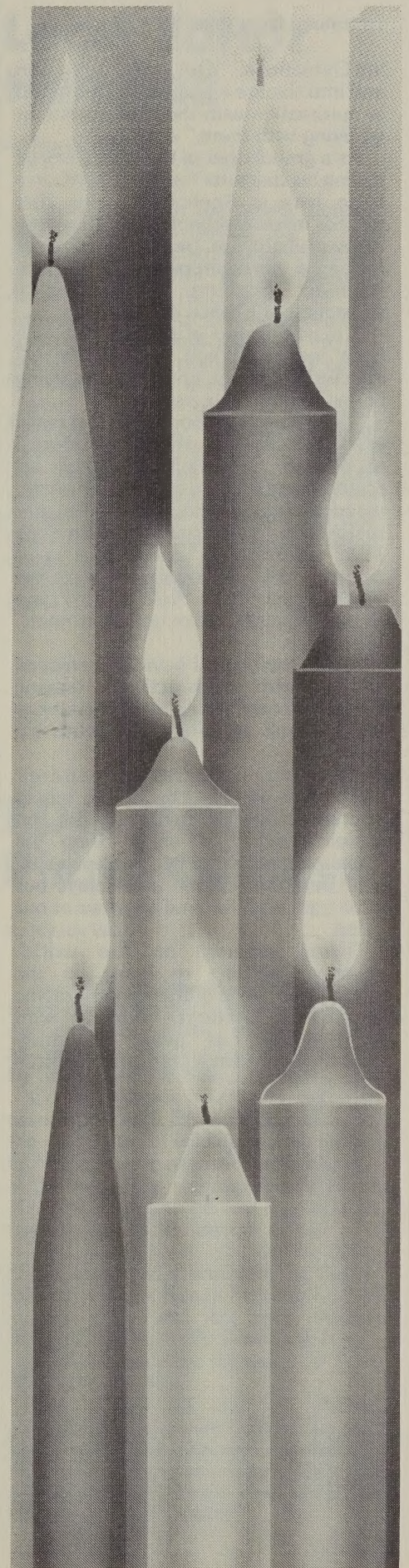
ings From The gement Team



Johnson, ADO Resource Manager standing in for ADO
; Bob Arndorfer, DSD for Conveyance Management;
nager Carl Johnson; Sal DeLeonardis, Land Use Council

ancis Eickbush, DSD for Cadastral Survey; Michael Penfold,
er Trimble, AFS Manager; Bob Jones, Equal Employment

Resources; George Gurr, Chief of Public Affairs.



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for Operations. "Out of the frying pan and into the fire and a whole new world of automation with the challenges that go along with them," says Jerry

As a grandfather of two, Jerry enjoys having his daughter Patty and son Larry living here in Anchorage. Son Ron attends medical school at the University of Washington in Seattle. Daughter Diane, a horticulture and landscape architect graduate, works for a subsidiary of Ebasco in Seattle.

"I'm real proud of the way the kids have managed their lives. They all excelled in school, sports and in being caring and positive people.

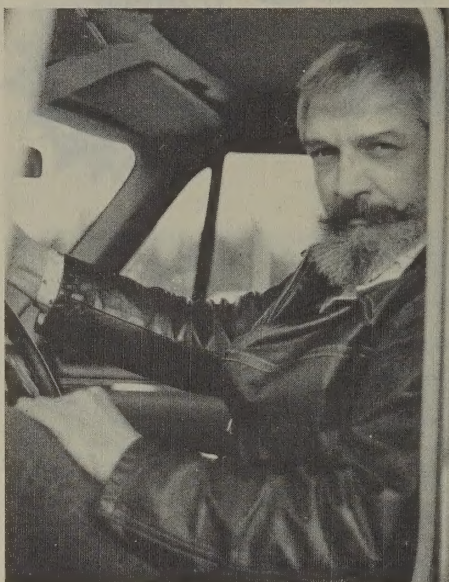
"I still like all outdoor sports and really enjoy my cabin on the Moose River," says Jerry. "My hobbies include art (pastels and charcoal), woodworking, woodcarving, photography and car restoration. I am currently restoring a 1931 Model A (but not too aggressively). "I enjoy social sports and always beat Fred Wolf at golf and bridge. Guess I'll take up tennis next," says Jerry.

"Over the years I have also enjoyed working with youth activities ranging from Rainbow Girls to coaching hockey and baseball. Working with youth is a lot of fun.

"My wife, Lorraine, studies cookbooks as a hobby and is taking courses at the university in art and flower design. I enjoy being the recipient of her efforts! She is also an avid outdoors person and enjoys our float trips and the time together at our cabin.

"From working on the world-reknown pipeline to being on the forefront of state-of-the-art geographic information systems, working with BLM-Alaska has been constantly challenging. Alaska is an exciting place to live!"

Almost 100,000 Miles



Jim Whitman
shuttle bus driver

by Danielle Allen

Fifteen minutes can make a difference.

Recently the district/state office shuttle bus schedule was altered by 15 minutes so employees could beat early morning and late afternoon traffic. It was met with some opposition, but Jim Whitman, shuttle driver, says, "It works just fine."

Whitman, driver of the shuttle for four and a half years, is more concerned about driving a perfect 100,000 miles without causing an accident. He says, "I'm a year from my goal."

Since its inception five years' ago, the shuttle bus has logged more than 100,000 miles and has had two reportable accidents. The first accident occurred during the shuttle's infancy, when an alternate driver rear-ended another vehicle. In 1984 a hit and run driver sideswiped the shuttle causing Whitman to become a favored patient of his chiropractor. But all and all, it has a very good record.

Whitman says, "This is the absolute worst town for drivers. During the past four years the traffic in this town has increased 20 percent a year. The odds of my having a cruncher are an eventuality."

So he fights the tension. "Don't get me wrong. I think the shuttle is great, but I object to the tension. It starts at the beginning of the week and gets worse as the week goes on. I can never relax; I'm always looking out for idiots who may be daydreaming, speeding, drunk or just don't care.

"I could get hit every day if I weren't careful," he adds. One major accident he avoided was the record 26-car pileup under the Tudor bridge last winter. ASO passenger Ken Hext says, "Jim saw the accident happen so he slowed down and pulled off to the right of the Seward Highway. He and I sat and watched cars from behind us and in front of us fly into one another. It happened very fast, but Jim was in control. He contacted the police and a tow truck with his two-way radio.

Hext was an early proponent of the shuttle after receiving a parking ticket in the Federal Building garage. "I would recommend the shuttle as an effective way to travel because Whitman is an exceptional driver, and he operates with a great deal of safety. Also if I need something from the district, they put it on the shuttle and it gets to me quickly. It's great!" he says.

The shuttle runs every two hours between the district and state office. Whitman says the major change over the years is the additional supplies put on the shuttle. "It's become a courier service," he says.

"It's also one of the most cost-effective programs in the district. I estimate the savings to the district is \$20,000 to \$25,000 a year. Since the shuttle has been running, we've eliminated five GSA vehicles, which is a tremendous savings."

He uses words like "mighty damn tiring" and "awesome pressure" when describing his work. But then he'll run his hands through his silver hair and say with a chuckle, "How can you put a price tag on comfort and not having to worry about the traffic or parking? Besides, who could resist the sparkling conversation and personality of the shuttle bus driver?"

BLMers Do It Again!

ASO and ADO BLMers opened up their hearts and wallets and gave generously to this year's Combined Federal Campaign.

"Our goal was to reach \$20,500 by November 29. The final total was \$23,285.50," says this year's overall coordinator, C.T. Vaughn.

A big thank you to the following CFC workers who helped make this year's campaign a success: C.T. Vaughn, Jim Mroczek, Bill Bowles, Don Knight, Ken Hext, Dean Crabbs, Carol Peterson, Jane Clawson, Ed Doyl, and Dean Littlepage.



From Adjudicator To Actress

Lois Simenson, mineral adjudicator in the Minerals Division of the Alaska State Office, is rapidly acquiring the credentials of stardom in the wonderful world of show business!

Her most recent effort was that of Frumacera, the ghostly apparition in the Anchorage Community Theatre's production of "Fiddler On The Roof," a highly acclaimed Broadway musical that originally starred Zero Mostel as the irrepressible Tevye. "Fiddler" later showcased the talents of Topol (as Tevye) in the more widely recognized film version of the classic.

Curiously enough, Lois was cast as Frumacera but ended up playing no less than three separate parts during the short local run of "Fiddler." As if playing the ghostly Frumacera wasn't enough, at the last minute she was called upon to play Yenta, the Matchmaker, when the original performer was injured in an automobile accident during the run of the production. Since the two characters were never on stage at the same time, Lois was able to hold down both portrayals simultaneously. All it meant was a couple of lightning-fast costume changes and makeup jobs, not to mention the double-clutch mental speed shift from one character stylization to another!

The action started to pick up for her,

however, when the actress who played the second lead in the musical, Golde (Tevye's wife), came down with the classic scourge of the stage, laryngitis! In true "The Show Must Go On!" spirit, Lois crammed the lines and portrayed Golde's part in the following evening's performance, even though she had to lip-sync words done off-stage by yet another actress.

The plucky entertainer is not new to the stage. She has been in the chorus of a number of musicals as well as having played the role of Gertie in Rogers and Hammerstein's "Oklahoma."

The future for Lois Simenson? Well, she has just recently auditioned for two plays to be presented next summer by the Alaska Light Opera Theatre. It's not known at this early date, however, just how many parts she will be called on to play. If we use "Fiddler On The Roof" as any kind of yardstick...well, who knows? She just might be cast as a one-woman show prior to curtain time.

Even though Lois has totally succumbed to the emotional rollercoaster ride associated with the "smell of the greasepaint...the roar of the crowd," she feels performing is an excellent avocation and one that is definitely in concert with her professional life with BLM, no matter how many roles she has to act.

Local Editor Honored

by Sharon Wilson

There are often the quietly famous and near-famous among us — the unsung heroes of hard work. One such gentleman in FDO is Lou Carufel, district biologist and editor of the *Oncorhynchus*. For the uninitiated that is not only the genus name for the five species of Pacific salmon but the name for the monthly newsletter for the Alaska Chapter of the American Fisheries Society. At the national meeting in September, 25 subunits of the society submitted the last two volumes of their newsletter for competition. The *Oncorhynchus* was selected as the top newsletter of all chapters within the nation.

Congratulations, Lou, on a job well done!

FDO Holds Photo Contest

by Sharon Wilson

Awards for outstanding photography taken during the past year by Fairbanks district personnel were presented at an all-employee meeting on November 12 by State Director Mike Penfold.

Contest photos had to be taken in association with BLM work and be in the categories of wildlife, scenic views, BLM employees at work and public use of the land. The first and second place photos will be framed and displayed in the hallways of the district office.

First prizes were awarded to Tom Dew, recreation specialist in the Yukon Resource Area; Kanza Easterly-Keill of Central Files; and Jim Silva, wildlife biologist in the Arctic Resource Area. Second prizes were received by Tom Dew and Jim Silva.

The judges felt that all photos submitted were of very high quality and making the determinations was difficult.

The winning photos show clearly the varied work and areas in which FDO employees are involved.

Advance Your Career

by Phil Wulff

Do you know that you may move from a clerical to a technical or professional position or from a technical to a professional position which offers greater growth potential? Our upward mobility program provides you this opportunity if you are in a GS-9 or below position.

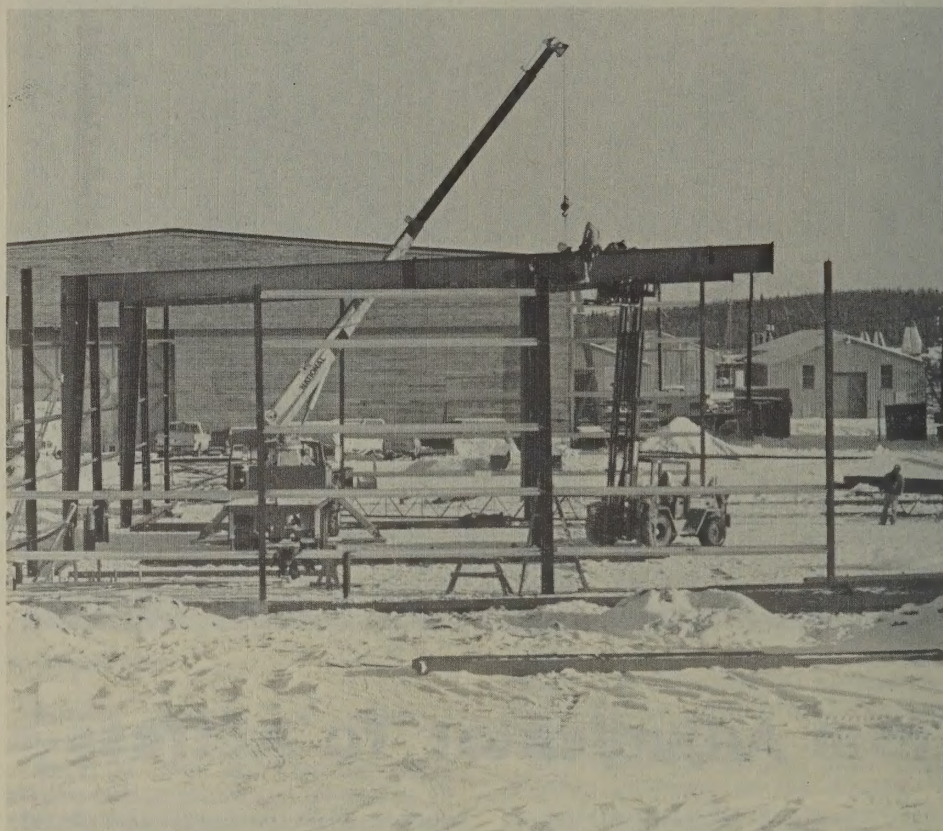
Upward mobility is primarily for underdeveloped employees (those who demonstrate potential for higher level work) and secondly for underutilized employees (those who meet qualification requirements for movement into jobs with greater advancement opportunity). If you consider yourself in either of these categories, you would be a prime candidate for career advancement through upward mobility.

As specified by law, government training is provided to improve your skills and knowledge in your present position. However, the law also has a provision for upward mobility training.

Once you are selected for an upward mobility position, you will need training, especially if you are an underdeveloped employee. A comprehensive developmental plan entitled "Individual Development Plan for Upward Mobility Training" is a written agreement between you and your supervisor. Your training agreement includes those experiences you will need to fully prepare you to perform in your targeted position. There are several ways to develop those skills essential to performing your new job duties. One way is informally through using all available resources such as written procedural guidance, job aids to help when you work with lengthy or complex procedures, assistance and advice from more seasoned employees, such as lead workers, and of course guidance and support from your supervisor. Some skills and knowledge can be most effectively acquired through formal training courses, such as those listed in our training catalog. You may also wish to participate in academic courses offered at local schools or colleges either during or after work hours.

Once you complete your training program, you may be either reassigned

New Construction In Fairbanks



The new AFS warehouse

by Sharon Wilson
photo by Dan Gullickson

A flurry of activity has drawn attention to the grounds behind the Fairbanks District Office since late fall. Bulldozers began scraping the earth away, creating a huge crater. Carpenters then built forms for concrete, cement trucks delivered their liquid mixture, workers smoothed the concrete slab for the floor, and structural steel was delivered.

As the weather got colder, snow began to fall and the ground began to freeze. Space heaters were fired up, ballooning the plastic covering the slab into a huge tent, and work continued on schedule. Concrete continued to cure,

the structural steel supports were raised and the roof was put on.

By the end of November the siding was on and final work on the roof was finished. With the building closed in, a temporary heater was installed and interior work began.

The new AFS warehouse, the first new construction in Alaska by BLM since the district office was built in 1976, is scheduled for completion in mid-March. District engineer Bob Boyce is responsible for the project inspection work as the authorized contracting officer's representative. There will still be some site work after spring thaw occurs, but AFS should be able to move into the building in March and April of 1986.

or promoted into your target position. Your full performance level may be one or two grades above your target position.

Keep the upward mobility program in mind as you plan your career in the Bureau. Watch for upward mobility

vacancy announcements and feel free to discuss the upward mobility program with your supervisor. If you have additional questions, contact Doris Hill or Phil Wulff in the Personnel Office at 271-5043.

Final Score: BLM 40 - FWS 10



In spite of a power outage, the BLM's women's basketball team trounced the Fish and Wildlife women's team in front of a crowd of 100 BLM and Fish and Wildlife fans.

Pictured above, back row left to right: Merrie Johnson, Sherri Frickell, Chris Rumps, Debbie Feay, Pam Richins. Front row: Pam Chesla, Jessie Rumps (official cheerleader), Ann Richardson, Evy Grafton.

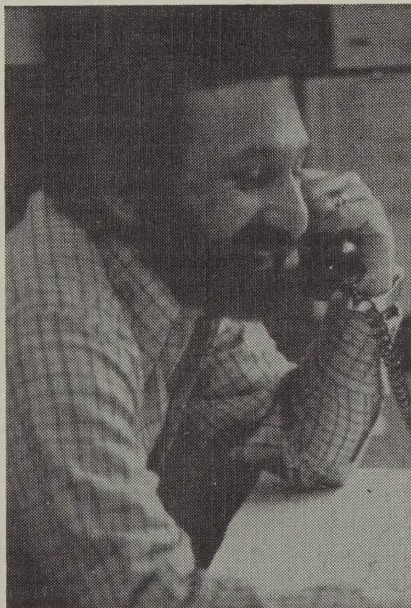
Joe Morris Headed For Hawaii

by Carol Belenski

As usual on November 25, Joe Morris, realty specialist for the McGrath Resource Area, was listening to his favorite radio station KYAK. A contest was in progress in which the station announces the name of three songs to be played, then after the last song is aired contestants call in and try to be the 65th or winning caller. That Monday was Joe's lucky day for his call registered as the 65th call. A five-day all expenses paid trip to Hawaii including air fare, food and lodging was the prize.

Asked how his wife, Diane, took the news, Joe said, "My wife's first reaction was 'sure', then after I convinced her I wasn't kidding she said, 'FANTASTIC'."

The perfect chance to use this wonderful prize is a celebration of Joe and Diane's 22nd wedding anniversary coming up this January. Congratulations, Joe, and Bon Voyage!



Joe Morris

Office Fitness

Most of us find there is little time in our daily lives for exercise. Here are a few exercises that can be done right at your desk. They require only a few minutes of your time each day.

1. STRETCHES

Stand facing your desk. Keep your knees and ankles together and hold the edge of your desk. Push up onto your toes. Hold for a count of five. Relax. This helps to tighten and firm calves and thighs.

2. STANDING PUSH-UPS

Lean forward, placing hands at shoulder width on desk so that your arms and your body are at a 90-degree angle. Bend your elbows to let yourself forward. Let your shoulders touch your hands. Straighten your arms to push yourself up again. This exercise builds strength in your chest and helps you tone your upper arms.

3. KNEE BENDS

Stand with heels together and toes pointed out with one hand on your desk. Slowly perform a series of deep knee bends.

4. SIDE TWISTS

Stand with your back to your desk. Keep your feet together. Slowly twist sideways without moving your feet. Try to place both hands on your desk. Repeat this exercise on both the right and left sides. It is a good waistline trimmer.

5. LUNGES

Stand erect with your legs together and your hands placed in front of you on your desk. Step sideways with left leg at least 24 inches. Keep your right leg straight and lean to the left while bending left knee as if you were in a fencing position. Hold position for a count of five. Return to original position and lunge to the right side.

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Personal Notes

THANKS to the following BLMers who recently donated blood to the BLM Blood Bank Club:

Dorothy L. Hanley
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Connie Szito
Bryan Seibold
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Richard Denholm
Thomas Deiling
Bruce A Ockrassa
Gust Panos
Thomas Eidel
Karen Collie
Connie Van Horn
Marianne Wetzel
Darrell Winter
Dianne Harrison
Marcia Walker

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Smith, Sandra, Procurement Clerk, ADO
McHale, Paula, Secretary, Division of Conveyance Management, ASO
Farnsworth, John, Land Surveyor, Division of Cadastral Survey, ASO

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Stewart, Walter, Miscellaneous Documents Clerk, Division of Conveyance Management, ASO
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Ames, Norman, Cartographic Technician, Division of Operations, ASO
Farinetti, Raymond, Supervisory Forestry Technician, AFS
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QUALITY STEP INCREASE

Horace Sanders, Program Analyst, Division of Cadastral Survey

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